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CLAIMS

1. A vegetable fat, characterized in that at least
5 90% of the fatty acids that it comprises are fatty
acids with 16 to 18 carbon atoms, in that it
comprises from 12 to 18% of linoleic acid relative
to the total fatty acids, and in that it has a
water content of less than 0.4% of the total mass.
- 10 2. The fat as claimed in claim 1, characterized in
that it comprises from 25 to 30% of saturated
fatty acids relative to the total fatty acids.
- 15 3. The fat as claimed in either one of claims 1 and
2, characterized in that it comprises from 45 to
60% of monounsaturated fatty acids relative to the
total fatty acids.
- 20 4. The fat as claimed in any one of claims 1 to 3,
characterized in that it comprises from 10 to 30%
of polyunsaturated fatty acids relative to the
total fatty acids.
- 25 5. The fat as claimed in any one of claims 1 to 4,
characterized in that it comprises less than 1% of
trans fatty acids relative to the total fatty
acids.
- 30 6. The fat as claimed in any one of claims 1 to 5,
characterized in that it comprises less than 0.3%
of trans fatty acids relative to the total fatty
acids.
- 35 7. The fat as claimed in any one of claims 1 to 6,
characterized in that it comprises from 3 to 7% of
linolenic acid relative to the total fatty acids.
8. The fat as claimed in any one of claims 1 to 7,
characterized in that the ratio of omega-6 fatty

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acids to omega-3 fatty acids is less than 7.

5 9. The fat as claimed in any one of claims 1 to 8,
characterized in that it contains optionally
fractionated palm oil and rapeseed oil.

10 10. The fat as claimed in any one of claims 1 to 9,
characterized in that the palm oil and the
rapeseed oil are in respective proportions of
between 30:70 and 50:50.

15 11. The fat as claimed in any one of claims 1 to 10,
characterized in that it comprises vitamins,
emulsifiers, salt, dyes or flavourings.

12. The fat as claimed in any one of claims 1 to 11,
characterized in that its melting point is between
35°C and 45°C.

20 13. The use of a fat as claimed in any one of claims 1
to 12, in the formulation of a food product.

25 14. A food product, characterized in that it is
produced using a fat as claimed in any one of
claims 1 to 13.

15. The product as claimed in claim 14, characterized
in that it is a sponge cake or a cereal bar.

30 16. A method for preparing a food product,
characterized in that it uses at least one fat as
claimed in any one of claims 1 to 12.